



# How To Be HEALTHY AND BEAUTIFUL

BY MRS. HENRY SYMES

## RIDING KEEPS THE FIGURE AND THE HEART YOUNG

I KNOW an enthusiastic horsewoman who says: "If I should enumerate all the ailments of both mind and body that riding is good for, I fear my eulogy would exceed the most comprehensive of patent medicine advertisements. Riding tends to bring the body to a normal, healthy state; it is the secret of perpetual youth, for it keeps the body, the figure and the heart young. In addition, it teaches self-control and decision, and develops the will power. In short, for a healthy life, strength and the pursuit—with a good horse—the capture of happiness, take riding."

Another thing in its favor is that it is a sport that may be kept up long after the prime of life has been passed; in fact, a man or woman never grows too old to indulge in riding, and it offers a splendid form of exercise and enjoyment when other sports might appear undignified.

### Value of Form.

Although beginning when a child naturally gives one a great advantage. I have known many women who had never been on a horse's back until they were forty years of age, who, after a few lessons, derived as much pleasure from the exercise as their children did.

I think seven years is the earliest age at which a child should begin to ride. Before that the legs are so short that it is hard for the child to keep its balance—and balance is the cornerstone of good riding.

Perhaps many of my readers will be inclined to pass over this article with little interest, feeling that there is no need of their knowing about good form in riding, as there is no probability of their having an opportunity to ride. You never know when an opportunity may occur; at the most unexpected time, possibly, there will be an available horse at the quiet country farm where you go to spend your vacation, and, at any rate, it will do no harm to be prepared to take advantage of the opportunity when it comes.

Self-made riders are apt to scorn what we call form, and form is neither bad nor fashion, but the recognized best way of doing some particular thing. The illustration showing correct and incorrect manner of sitting, holding the reins, etc., were posed by a well-known horsewoman, who is an authority on the subject.

### Sit Square in the Saddle.

Bear in mind that a good seat and balance depend upon the proper position of the legs, which is the hardest

thing to master. The right leg should be well down on the saddle, and the right knee should pull back on the upper pomel. The grip with the right leg comes from underneath the knee and a little below it; the remainder of the right leg should hang at ease. This and nothing else gives the firm, square seat; and if the right knee is in the proper place, the right shoulder—the base of so many women riders—will not be forward or down but in line, and the shoulders square as a man's.

The left knee should not be pressed up against the pomel, or leaning horn, but should be held in firmly against the saddle, in the same position as a man's knee.

Beginners are very apt to ride with the stirrup too short, as this position gives them a feeling of greater security, but it is a very bad habit to form. On the other hand, too long a stirrup is apt to make a woman ride too far forward on her saddle, and up on the horse's withers.

The hands should be held in a line with the waist, neither above nor below, and the elbows in a line with the shoulders. Both hands should be kept in position, and neither arm allowed to hang at the side.

### Handling the Reins.

The whip or crop should be carried in the right hand; but if it becomes necessary to use this hand, either for rearranging the dress or gesticulating, be sure to transfer the whip to the other hand. Raising a whip carelessly or flourishing it about is the cause of many an accident.

The left hand is the bridle hand. Pick the reins up with the right hand, separating snaffle and curb, with the snaffle on the outside, where it should always be held in ordinary riding; then grasp them with the left hand as follows: The snaffle reins outside the little finger and between the first and second fingers; the curb reins between the third and fourth fingers and the second and third, or, in other words, around the third or ring finger.

A good method for riding a pulling horse is with the curb reins outside the fourth finger and between the fourth and third fingers, and the snaffle reins between the first and second fingers and the second and third.

## ADVICE TO HEALTH AND BEAUTY SEEKERS BY MRS. HENRY SYMES

### Hair Split at the Ends.

Will you kindly tell me through your column what will be good for my hair? I am very dry and the ends are split. I have had it massaged once a week for one year and crude oil rubbed into the scalp, but as yet see no improvement. Also tell me what I can use on my neck, without injuring the skin, that will whiten it.

ANXIOUS.

Have the ends of your hair carefully trimmed, and use the tonic for which I am giving you formula. Evidently crude oil does not agree with your scalp. I am also giving you formula for a good bleach to remove the stain from your neck.

### LOTION FOR DRY HAIR.

Glycerin, 1 ounce; eau de cologne, ¼ pint; liquid ammonia, 1 dram; oil of bergamot, ½ dram; oil of rosemary, ½ dram; tincture of cantharides, 1 ounce. Briskly agitate for ten minutes, then add cucumber juice, ½ pint, and again mix well and stir. A few drops of essence of musk or other perfume can be added.

### BLEACH FOR THE NECK.

Take fresh strained cucumber juice, boil it for five minutes, and for every five ounces of juice.

Puritized borax, 15 grains; acetate of soda, 30 grains; tincture of quillaia, 2½ drams; tincture of benzoin, 4 drams; rosewater, 1 pint.

Mix thoroughly and apply two or three times a day until the stain is removed.

### Regrets Use of Peroxide.

We have taken the paper a great many months and I always am very much interested in the valuable information you give each week to your correspondents through the "How to Be Healthy and Beautiful" column. And as I am in some trouble myself, I take the liberty of asking your advice in regard to my hair. I have a very fine head of hair, and was a soft brown shade, but I have completely ruined it by using that hateful stuff "Peroxide." It's not all bleached out, faded looking; but it's bright gold in streaks all over. Could you tell me of something I could use to immediately change it to its natural color or make it a dark even color?

I am twenty-two years old and very

much ashamed of my hair. I don't use the peroxide any more, so naturally I toward the roots it is very much darker and I look like a fright. Would you kindly tell me if you know of anything I can use? Respectfully,

L. G. C.

Peroxide tresses require careful handling. The safest and surest method to have your natural color back is to have patience and wait for the soft water; again, this requires patience, but I by far the most satisfactory method in the end.

### Discouraged About Complexion.

Will you kindly help a discouraged girl? I always had a very good complexion, but lately it has become rough, and I am a formula, so will you please give me a formula for a good cold cream that will nourish, soften and whiten the skin, something that will not promote the growth of hair? Please tell me how to use it. The corners of my mouth are always sore and dirty-looking, and so is my chin, with a few pimples. Please tell me what to do for it. I do not understand how this is caused, as I am in good health.

F. A. R.

Every night before retiring wash your face with hot water, a good, pure soap and rinse thoroughly. After drying carefully, apply the face cream for which I am giving you formula. Be sure that you are using soft water; hard water will do more than anything else to roughen the skin.

ORANGE FLOWER CREAM.  
White wax, 1 ounce; spermaceti, 1 ounce; lanolin, 2 ounces; coconut oil, 2 ounces; orange flower water, 2 ounces; oil of sweet almonds, 4 ounces; tincture of benzoin, 30 drops. Melt the first five ingredients together. Take off the fire and beat until nearly cold, adding little by little the benzoin, and lastly the orange flower water.

### Correspondent Sends Remedy.

In your talks on health, I see "L. B. O." asks for a cure for eczema, and as I know of a cure and do not know how to tell them, I take the liberty of telling you and asking that you be so kind as

to tell them. The remedy is so simple that should it not cure, it cannot harm, and it cured me and several others; so I think it will cure anyone that will faithfully try it. The remedy is simply fish brine. I went to the grocer's and got a quart of brine off mackerel, and at night I washed it and wet a piece of flannel with it and bound it around my neck every night for a week, and in about a month my eczema was gone.

### Hair Gray in Front.

I read your paper every week. I have been using the Vaucaire remedy; had my prescription filled three times, but still use it? In regard to my hair: I am thirty-eight years old, and the last two months my hair has turned quite gray in front. I have had a lot of worry; but I hope that is over. Could you help me to restore it? The natural color is a very dark brown.

FLORENCE D.

I think that if you persevere with the Vaucaire remedy, you will soon get beneficial results. Some cases take longer than others for development. To restore the color of your hair use the physician's remedy so often published in this department.

### Distant Reader.

No doubt you will be greatly surprised to hear from a Toronto reader of your beauty page. I have been a constant reader of this page for some time; in fact, I would not take the paper if it were not for the beauty page. It is just full of useful information.

Now I want you to help me. My nose is full of horrid blackheads; I have tried several creams, massages, etc., but they all proved void. I wish you would kindly give me a sure cure for them; also, if a large nose can be made small. By giving the above information you will greatly oblige.

### A TORONTO SUBSCRIBER.

For the blackheads on your nose try green soap treatment for which I am giving you directions below. It has proved very beneficial in cases of obstinate blackheads.

BLACKHEADS.  
Tincture of green soap, 2 ounces; dis-

tilled witch hazel, 2 ounces. Let this mixture stand on only a few minutes, then wash off with hot water. If the green soap irritates the skin, as it sometimes will, use it every other day.

Green soap may be purchased at any good drug store. It is not a regular "cake soap," but is of about the consistency of custard.

### Anxious to Improve Her Looks.

Will you kindly state in your column what will enlarge the bust, and if olive oil is good to massage the bust with? Also, a good face cream for an oily, pimply skin, with a few wrinkles underneath the eyes. I am only twenty-six years old, and feel very anxious to know what will improve my looks.

FAITHFUL.

Dr. Vaucaire's remedy is the best thing I know of for developing the bust. In addition to its use, massage with olive oil, or any good skin food is beneficial. The witch hazel cream so often published in this department is an excellent cream for an oily skin. Massage the wrinkles under your eyes with a rotary movement upward and outward, using the cream.

### A Good Shampoo.

Will you kindly send me a recipe for a good hair tonic, one to make the hair grow strong and healthy; also a good shampoo? And please let me know if the use of orange flower cream will benefit the cheeks. My cheeks are very thin, and I would like a good skin food to use.

I am giving you formula for hair tonic and shampoo, as requested. Massage the cheeks thoroughly, and use it warm. Rub it well into the scalp and rinse with several clear waters.

QUININE HAIR TONIC.  
Sulphate of quinine, 1 dram; rose-water, 8 ounces, dilute sulphuric acid,

15 minims; rectified spirits, 2 ounces; mix, then further add glycerin, ¼ ounce; essence royale or essence musk, 5 or 6 minims.

Agitate until solution is complete. Apply to the roots every day.

### Ruddy Nose.

Will you kindly publish, as soon as possible, a remedy for my nose, which is always red, and if dieting is necessary, what things to avoid? S. S. S.

So many difficulties may cause a red nose that it is necessary first to find its origin. Poor circulation, digestive troubles, and nervous diseases—all these will inflame the nose. So, too, will tight clothing. Heat and cold, of course, have an immediate effect, both reddening; so that a person with a red nose should only use tepid water on the face, taking care that no hot or cold fluid touches it. I can only advise you to try and locate the origin of the trouble—whether indigestion, nervousness, poor circulation, etc.—and then try to correct this cause.

### Peroxide as a Bleach.

In the Health and Beauty answers you recommend peroxide and lanolin for bleaching the neck. Will you please tell me how to use it and prepare it? Yours,

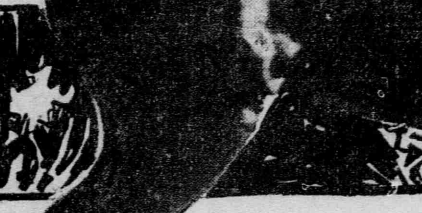
N. E.

When using peroxide of hydrogen and lanolin for bleaching purposes first put a little of the peroxide in a saucer and apply with a soft cloth. After it is dry, rub the lanolin into the skin.

### Wants Brown Hair.

Kindly give me, in next week's paper, if possible, a formula for thin hair, and also how to change my hair, which is auburn, to a brown color without harming it. How applied, and how often you think it is necessary. Please tell me also if I can use the formula for thin hair with the other for darkening the hair.

I am giving you formula for tea hair tonic, which will, I think, prove very satisfactory in your case, as it will pro-



Reins should be held in the left hand

For a brisk trot

A good grip for a pulling horse

Correct position of the legs

Incorrect position

